

Burr Oak Woods

Conservation Nature Center Newsletter

The **Nutshell** ~ December 2009

Conserve Energy! Try Hibernating?

We hear about conserving energy all the time these days, which I think is a great thing we should all be doing. There are easy things like turning down the furnace, driving less, shutting off or unplugging unused electronics and lights. In nature, conserving energy just comes naturally. An animal or plant that does not conserve energy has less chance of surviving.

In the winter, diminished food supplies (ie. energy) and extreme cold are the hazards that test a critter's ability to conserve energy to survive.



One major way for an animal to conserve energy is to become less active. This means different degrees of inactivity depending on the animal.

The one we are most familiar with is hibernation. Hibernation is more than a "deep sleep". It involves a metabolic slow-down in the animal. The animal's body temperature lowers to near ambient levels of the den

or cave, which in turn decreases breathing and heartbeats. A true hibernator is difficult to rouse. Some of Missouri's bats, like the gray bat, are true hibernators as well as our groundhogs. Groundhogs have been found to have a temperature of only 39 degrees F during hibernation. Now that is cold!

A second state of inactivity that saves energy is called torpor. Torpor is like hibernation, but the animal's body temperature doesn't dip as low and it is considered short-termed. Torpor usually happens daily in cold conditions during the animal's time of rest (i.e. at night).

It is known to happen in Chickadees and other small birds. Skunks and bears enter torpor for longer periods of time but awaken on warm days to eat and move about.



There are other types of inactivity that save energy: brumation is done by reptiles and dormancy is performed by plants, insects and amphibians. Nonetheless it all adds up to how animals and plants save energy so they can survive the cold and tough times.

While I don't think hibernation is an option for the human race. We can learn to conserve our limited energy resources.

*Kathleen Savaiano
Naturalist*

Harvester's Food Drive

Please share the magic of the holidays with everyone! We ask that if you visit the nature center or attend one of our programs that you bring canned goods to place in the barrel for Harvesters. As Kansas City's only food bank, Harvesters is a clearinghouse for the collection and distribution of food and related household products. Hunger knows no boundaries. In the heart of the breadbasket, in a nation of great abundance, no one should go hungry. But hunger does exist in our community, and the need continues to grow. Let's work together to make sure everyone has a wonderful holiday season! Thank you for your help.

Seventh Annual Photography Competition

Entry forms will be available beginning December 1, 2009 at the front desk in the nature center or through the Burr Oak Woods website at www.burroakwoods.org

2010 Managed Youth Turkey Hunt

This year we will have hunts at Burr Oak Woods Conservation area and James A Reed Memorial Wildlife Area. The applications for Jackson County youth between 11 and 15 years of age will be available at Jackson County Missouri Department of Conservation locations beginning December 28, 2009

Up-Coming Dates to Remember

Managed Muzzleloader Hunt ~ December 7, 8, & 9
the area (ALL trails, roadway, & general area)

will be closed to ALL public walking, hiking, running, & jogging;
the nature center will be open normal hours of operation

Christmas - December 24 & December 25
the nature center will close at 2p December 24 and reopen December 26 at 8a

New Year - January 1
the nature center will be closed

December Programs

Please call 816-228-3766 on or after Tuesday, December 1, 2009 to register for the free programs listed. It is important to arrive five minutes before the program time. If you have to cancel, please call as soon as possible, so someone on the waiting list can attend.

Visit our website at www.burroakwoods.org

5 Saturday 10:00 – 11:00a

Super Nature Puppet Show!

Families with children of all ages

Cartoons aren't the only place to find superheroes. Join us for a delightful and action-packed puppet show with heroic animals and super nature stars around every corner. If the weather allows, we will also explore the Discovery Trail for some up-close nature study. Please call to register.

6 Sunday 1:00 – 3:00p

Create a Wreath

Adults 18 & up

Bring the sweet smell of pine into your home during the holidays by creating a personalized wreath. We will supply the greenery (white pine and cedar), the wire, ribbon and natural materials like pinecones, sweetgum balls and berries. You bring the wired wreath frame and maybe a friend. Please call to register.

7 Monday thru 9 Wednesday, 5:00a – 7:00p

Managed Archery Hunt

All Visitors

Annually Burr Oak Woods Conservation Area plans a three day managed muzzleloader hunt for deer for preselected hunters. During this time the area, trails, and roadways are closed. The nature center will be open normal hours of operation. If you have any questions please call the nature center.

PUBLIC
NOTICE

8 Tuesday or 9 Wednesday 10:00a – Noon

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8 Tuesday 6:30 – 8:00p

Conservation Kid's Club: The Spirit of Giving

Ages 7 – 13

Community Service in the Spirit of Giving, Kids! WE NEED YOU! The holidays are such a wonderful time of year. Let's share our joy with the residents at the Shangri-la Long-term Care Center. We will help them to make decorative holiday wreaths from native Missouri plants to decorate their doorway and help to make their holiday just a little brighter. We may even share a song or two. Call the Nature Center for directions. Please call to register.

Babes in the Woods, Home School, and Wild Ones

will not be presented the month of December. Watch our January issue for information on these programs.

11 Friday 8:30 – 10:00a

Bird Watchers

All ages

Observing birds at their feeders in the winter can be a rewarding way to learn about local birds. Join Master Naturalist Sara Scheil in our solarium to view local birds. We will stay warm and let the birds come to us. Please call to register.



12 Saturday 10:00a – 1:00p

Kid's Craft Day

Children of All Ages

You'll love Kid's Craft Day! Make some very special one-of-a-kind natural presents to give to the people you love during this holiday season. Each child will be able to create six beautiful hand crafted items to take home. Don't forget to visit our gift wrapping station before you leave. Registration is not required, walk-ins are welcome.

13 Sunday 12:30 – 4:30p

Winter Scavenger Hunt

Families with children of all ages

Need a reason to get the kids outside? Kids and families will enjoy a winter scavenger hunt challenge. Come inside the nature center for a scavenger hunt list of your own. Good luck! Hint: You will find natural treasures both inside and out on the trails. You decide how long you want to hike. Registration is not required, walk-ins are welcome.



16 Wednesday 10:30 – 11:30a

Little Acorns: Hooray for Hibernation!

Ages 3 – 5

It's that time of year when many of our resident wild animals take a long winters nap. We'll learn what hibernation is and which animals we won't see again until next year. Please call to register.

19 Saturday 11:00 – Noon

Rockin' & Readin' Nature Tales

Ages 2 & up

Join us for a story hour as we lead you on fantastic nature adventures! We will meet butterflies, birds, mammals, and all sorts of magnificent creatures! We will cross rivers, discover mysteries within the forest, and fly across the prairies. Our imaginations are the only limits. Bring your own book to share if you'd like. Registration is not required.

19 Saturday 1:00 – 3:00p

Naturalist On Call: Snakes in the Snow?

All ages

We won't see any snakes out this time of year, but lucky for us we have snakes in the nature center that stay nice and warm all winter long. Come out and meet them. Learn about what snakes really should be doing this time of year and meet a few of them too! Registration is not required, walk-ins are welcome anytime between 1:00 and 3:00p.

20 Sunday 1:00 – 2:00p

Winter Hike

Ages 8 & up

The weather is cold, the leaves are gone and the grass is brown. Does that mean we can't enjoy the outdoors? No! As a special bonus, there are no bugs or ticks to worry about while hiking at this time of year! Come on out and brave the cold as we take a winter hike. Please call to register.



24 Thursday - 25 Friday

Christmas Holiday

Nature Center Visitors

Burr Oak Woods Conservation Nature Center will close at 2:00p on Thursday, December 24th and remain closed through Friday, December 25 for the Christmas holiday. The nature center will be open normal hours of operation Saturday and Sunday. Please call the nature center if you have any questions.



26 Saturday or 27 Sunday

Movie Marathon

All ages

Come out and relax as we watch a few nature films that are sure to warm your heart. The films will be shown on the "BIG SCREEN" in our theatre lit auditorium. We will watch, "Stranger in the Woods", "Planet Earth", "Winged Migration" and "Lost in the Woods." Registration is not required.

Show times on Saturday

10:00 - 11:30a "Planet Earth"
Noon - 12:30p "Stranger in the Woods"
1:00 - 1:30p "Lost in the Woods"
2:00 - 3:30p "Winged Migration"

Show times on Sunday

12:30 - 1:00p "Stranger in the Woods"
1:15 - 2:45p "Planet Earth"
3:00 - 3:30p "Lost in the Woods"



26 Saturday 10:00 - Noon

27 Sunday 1:00 - 3:00p

Naturalist on Call: Feeding Winter Birds

All Ages

Learn which birds brave the long, cold Missouri winter. What seed attracts which birds? What feeders work the best? Learn just what we can do to help our feathered friends to survive. Registration is not required, walk-ins are welcome between 10:00 - Noon on Saturday and 1:00 - 3:00p on Sunday.

28 Monday 10:00a, 11:00a, 1:00p, or 2:00p

On-Call Naturalist Hike

Families

Enjoy a Naturalist-led hike to discover the amazing forest of Burr Oak Woods. If trails are unfit for hiking, an indoor natural history program will be substituted. No registration is required, walk-ins are welcome, come 10 minutes before the hour of the hike you wish to join at 10:00a, 11:00a, 1:00p, or 2:00p.

29 Tuesday 9:00 - 12n Block I ~ 12:30 - 3:30p Block II

30 Wednesday 9:00 - 12n Block II ~ 12:30 - 3:30p Block I

No Child Left Inside Winter Adventure

Ages 8 & up

If you love to have fun outdoors, and would like to learn new skills, then this program is for you! Teamwork, safety, and leadership will be stressed. Making new friends is encouraged!

The adventure is offered as blocks of classes. The morning block will be scheduled from 9:00 am – 12:00 pm. The afternoon block will be scheduled from 12:30– 3:30 pm.

Block I: Air Rifles and Laser Shot, Bird Watching

Lunch: Outdoor Cooking

Block II: Tracking, Earth-Caching

Participants will sign up for ½ day block of classes at a time. They may stay for the entire day. We will provide water throughout the day. Participants must bring a refillable water bottle. Dress in layers to be outdoors.

Due to safety of all participants, age requirements are adhered to. Please arrive on time and pick your children up promptly as the session ends. Space is limited please call to register.



MDC DISCOVER nature

**MDC
DISCOVER
nature
FAMILIES**

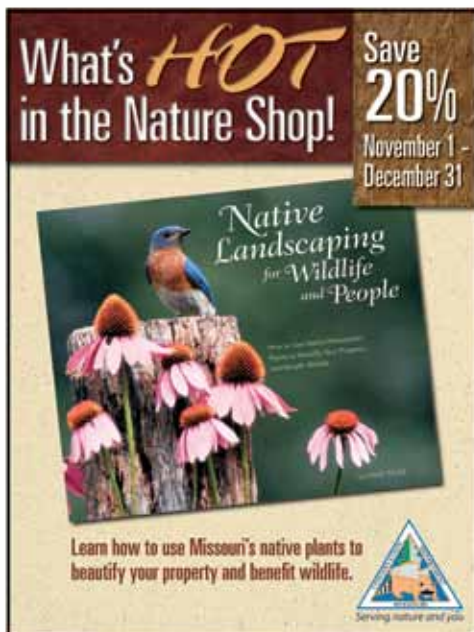
**Discover Nature
Families programs are
designed to help adults
and children explore
nature and master
outdoor skills together.**

15 Tuesday 6:00 – 7:30p

Discover Nature Families: The Night Tree Families with children 3 & up

Children love holiday traditions! They forget about the toys they get, but they will cherish your family traditions. Join other families as we create edible decorations for our wild winter friends. We will venture out into the night forest to garnish a tree for them. Each family will take home a journal and a treat for the wildlife in their own yard. You are encouraged to spend some time with your children observing the treat and recording what wildlife comes to visit in their journal. Please call to register.

**Join us as we feed the critters on exhibit at Burr Oak Woods Conservation Nature Center on
Sundays, Wednesdays, and Fridays at 3p. Each Sunday a nature film will be shown at 3:30p.**



MISSOURI DEPARTMENT OF CONSERVATION

Nature Shop News

DECEMBER

Featured Item - receive 20% off at the time of purchase. The heritage card discount will not apply to this item.

This handsome, colorful book gives plenty of ideas about how to use native Midwestern plants to beautify your property and benefit wildlife. Written by Dave Tylka, a native plant landscaper and biology professor, it details the best wildflowers, grasses, trees and shrubs for sun and shade. One chapter is devoted to "quick tips" for attractig particular wildlife species to your property.



Volunteer Open House

Tuesday, December 1 ~ 6:30 – 7:30p

Adults and Youth-14 & up

We will begin a new volunteer training class in February 2010! If you are interested in sharing your love for nature with others, we need you! Join us for a special open house that will introduce you to this program. Registration is not required. Volunteer Naturalists help the nature center staff in so many ways, including: assisting with educational programs, special events, clerical support, animal care, trail maintenance and land management projects.

We are currently accepting applications for the 2010 Volunteer Training Class from youth 14 years old through adults. To apply for this 32 hour training, please stop by or contact the Volunteer Coordinator at (816) 228-3766 between now and January 15th.



Lake City Shooting Range

28900 E Argo Road, Grain Valley, Mo 64029

816-229-4448

www.mdc.mo.gov/areas/ranges/lakecity/

Normal Hours of Operation

starting November 14, 2009 - April 30, 2010

Wednesday - Sunday Noon - 4:30 pm



What a great gift to give the person that has everything or that special young adult that you just cannot figure out what to get for them. Give the gift that will be used through-out the coming year.

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Burr Oak Woods CNC

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